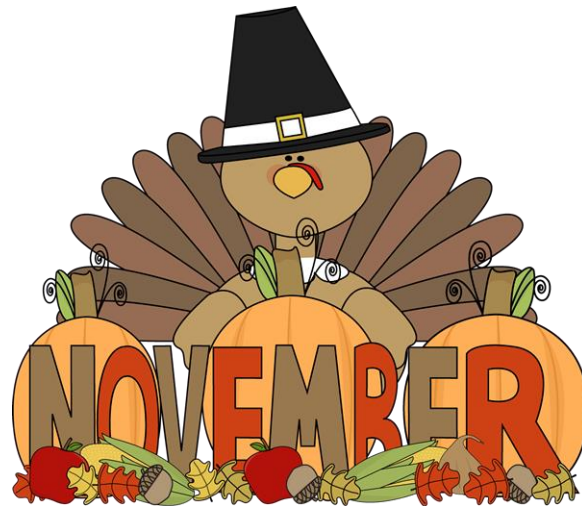




SOROPTIMIST  
Best for Women

## SOROPTINEWS—SI MIDDLETOWN

NOVEMBER 2022



### PRESIDENT GAYLE'S MESSAGE

When I think of November, I think of it as being a month of thanks and the beginning of a wonderful time of the year. It is the prelude to our winter holidays, shopping, sharing meals and spending time with family and friends but most important a time to give thanks!

We have so much to be thankful for this year since we have been able to meet as a club and have shared wonderful meals and fellowship. We can also be thankful for the new members we have brought into the club, Deb Peters and June Lydon. We can be thankful for all the wonderful ideas our membership has given our committees so we can continue to plan for an awesome year.

Share one thing you are thankful for with a friend. I'm thankful for my family and friends!

Take time for yourself to be thankful and in turn be happier. I have come across some ways you can express your thanks and gratitude and I thought this would be perfect for sharing.

Gratitude has been shown to increase happiness and thankfulness in those who practice it. Rather than just focusing on it during this time of year, consider incorporating it into your daily life.

**From a Harvard Medical School article**, here are some ways to cultivate gratitude on a regular basis.

*Write a thank-you note.* You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

*Thank someone mentally.* No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

*Keep a gratitude journal.* Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

*Count your blessings.* Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

*Pray.* People who are religious can use prayer to cultivate gratitude.

*Meditate.* Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Please remember that our November meeting will be led by Jo and we will be putting together holiday cards. Please bring double faced tape for your project.

Just wanted to add that Barb, Sue, and myself attended the District meeting in Springfield. We were so excited to be able to attend a showing of Mirror Mirror, a special exhibit of women's art curated by our Governor, Christine Fowler Shearing. It was an awesome exhibit!



### **Meeting Dates 2022-23**

<u>Date</u>	<u>Program</u>	<u>Raffle</u>	<u>Inspiration</u>
Nov 10	Holiday Card Workshop Jo Ashworth	Beth	Beth
Dec 8	Holiday Event Willis Home	Sue	Sue
Jan 12	TBD	Gayle	Gayle
Feb 9	TBD	Betty	
Mar 9	TBD	Mary	Mary
April 11	TBD	Jo	Jo
May 11	Awards?		
June 6	TBD		

### **Midwestern Region 2022-23 Calendar**

November 15 Form 990 due to IRS

November 15 Live Your Dream Applications Due to Clubs

(Application deadline for club level awards)

December 2 International Day for the Abolition of Slavery

December 10 Human Rights Day – President’s Appeal

2023

January 6-8 MWR Board Meeting – TBD

January 11 National Day of Human Trafficking Awareness in the US

January 15 Virginia Wagner Award Applications due to Clubs

(Application deadline for club level awards)

February 1 Live Your Dream Award District-level judging deadline

Club Live Your Dream Report due to District Director

February 15 Live Your Dream Award Region-level judging deadline

Region LYD Winner info due to both SIA and Treasurer Linda Alpers by Region

Chair

February 15 Virginia Wagner Club Award winners due to District Director

March 1 Soroptimist Club Grant applications due at SI HQ

March 8 International Women's Day

March 8 Virginia Wagner District Winners due to Region Chair

March 15 Award Report due from District Directors to Governor-Elect Audrey Jarvey

March 15 Live Your Dream Award Federation-level judging deadline.

March 31 Region Virginia Wagner Award Winners names to Region Treasurer Linda Alpers by Region Chair

March 31 Club Activity Report due to Governor Christine Fowler-Shearer

March 31 Outstanding Soroptimist Form due to Region Secretary Sheila Zingler-Gilbert

April 20 - 21 MWR Board Meeting Kensington Hotel, Ann Arbor, MI

April 21 - 23 2023 MWR Spring Conference Kensington Hotel, Ann Arbor, MI

May 31 Club Giving and Founders Pennies contributions to SIA for 2022 recognition

June 1 Dream It, Be It Online Club Reporting due to SIA

June 23-25 MWR Board Meeting

July 1 Club Celebrating Success forms due to Missie Austin

July 27-29 SI Convention, Dublin, Ireland

### **Ways & Means Committee Report**

Still in the planning stages, we can report that we have forwarded all the required documents to HundredX for our February project. If you all approve the 30-day project that does not require any financial investment from us or you individually, our project will begin on February 6<sup>th</sup> and end on March 7<sup>th</sup>.

So that you will get all the information needed to make you comfortable with this project, you will be invited to a Zoom meeting. We are going to present it this way rather than take up most of our general meeting time. We will show you a presentation of the goal we will be setting, the number of resources we will need to meet that goal, and how HundredX will interact with us on advertising by providing marketing tools and resources to invite others to participate.

We do not have a date set for this meeting; so know it will be coming in the not too distant future.

Marti & Sue

### **SCHOLARSHIP AND AWARDS**

Do you know a woman attending college or technical school who could use some extra money for her schooling? Interested women can find writeable applications on our website [www.middletownsoroptimist.org](http://www.middletownsoroptimist.org). This is an easy way for them to get an application. Every year we struggle to find deserving applicants, so please share this information freely. We have only received two Live Your Dream applications so far, and the deadline is November 15th.

## **SOROPTIMIST PLEDGE HISTORY**

The Pledge was written in 1927 by Candis Nelson, a charter member of the Seattle, WA club. At the 1930 Convention in Philadelphia, President Ruby Lee Minar requested the submission of the Pledge to be voted on at the convention. While in Philadelphia the delegates chose to defer making the decision for another six months so that each club could receive copies of the proposed creeds and then make an informed decision. Six months later the American Federation of Soroptimist Clubs chose as its creed a pledge that simply stated the ideals of the organization.

### **NOVEMBER BIRTHDAYS**

14 Gayle  
20 Diane

### **CLUB ANNIVERSARIES**

1978 Ingrid

### **NOVEMBER RAFFLE**

Beth

### **NOVEMBER INSPIRATION**

Beth

## **CALENDAR**

**November 3** 1-:00 a.m. Zoom Board Meeting

**November 6** Daylight Savings Time ends

**November 8** Election Day

**November 10** Holiday card workshop at meeting. Bring double-sided tape

**November 11** Veterans Day

**November 15** Form 990 due to IRS

**November 15** Live Your Dream Applications Due to Clubs

**November 24** Thanksgiving

**December 10** Human Rights Day – President's Appeal

**April 21-23** Spring Conference in Ann Arbor, MI

**July 27-29** SI Convention in Dublin, Ireland

## CONTACT US

P.O. Box 525, Middletown, OH 45042

[simiddletown@soroptimist.net](mailto:simiddletown@soroptimist.net)

[www.middletownsoroptimist.org](http://www.middletownsoroptimist.org)

Facebook: Soroptimist International of  
Middletown Ohio & the Cin-Day Corridor

Instagram: Soroptimist Middletown

